

**Real Voices, Real Choices**  
**Conference Planning Committee Meeting**

**Minutes**

**June 19, 2009**

**Welcome and Introductions**

Present: Robert Qualls, David Helling, Sharon Britten, Jan Wagler, Mark Ohrenberg, Justin Idleburg, Manfred Leonhard, Judie Didriksen, and Marge Parrish

Absent: Helen Minth, Austin Montague, Anita Morrison, Jennifer Nugent, and Cheryl Eads

Staff Present: Carol Dickneite, and Leigh Gibson

**Arrangements for the July 6 Meeting at Tan-Tar-A**

The committee discussed plans for the Monday, July 6 meeting at Tan-Tar-A. Committee members will meet at DMH Central Office at 8:30 am and carpool to the meeting. If it would be more convenient, those committee members who are coming from St. Louis may arrange with Cheryl to spend the night in Jefferson City. Since Tan-Tar-A is closer to Springfield, Robert Qualls will meet the group there. Committee members should let Carol Dickneite know by Wednesday, July 1 whether they plan to attend the meeting. If something comes up that will cause a committee member to miss the meeting or to be late, that individual should contact Carol by her cell phone prior to 8:30 so the group may leave on time.

During the meeting, the committee will tour the facility and discuss how to use the space available. At that time the committee will determine how to set up for registration as well as how to use the meeting rooms currently reserved for the conference. Since the committee decided to schedule just it two tracks of presentations, it may be possible to hold them in the salons. If that is the case, rooms 62, 63, and 64 could serve as the art room and quiet room rather than using rooms on a different floor for those purposes. The connecting walls of the three rooms are folding panels, so it would be possible to configure them to suit our needs. Jan Wagler recommended we combine two of the rooms to serve as the art area so there would be plenty of room for people to work on their projects. The remaining room could serve as the nursing station.

The group came up with the following questions to ask during the visit to Tan-Tar-A:

- What would be the best way to set up Salons A, B, and C for the meeting?
- How late into the evening do we have access to the meeting rooms?
- Will we be able to make use of the stage for the large group presentations?
- Will they allow us to use the registration area? If not, do they have three tables we may use for that purpose?
- Will we be able to display the Pillows of Unrest pillowcases in the salon we use for large group meetings? Will they let us set up clotheslines for that purpose?
- Will they allow us to use rooms 62, 63, and 64 as our art room and nurses station instead of the two rooms on the other floor?
- Will they provide three tables (at least) for us to use in the art room?
- Is there anything special DMH needs to know since we will bring our own laptops? Do they supply the InFocus projectors or do we need to bring them.
- What kind of audio system do they have? Will they be able to meet the special needs of some of the panel participants?
- Will they allow us to use their InFocus projectors, or should we bring our own?
- Will their staff collect the meal tickets, or should we plan to do it

### ***Successful Voices – Successful Choices Panel***

Robert Qualls has spoken with all of the people recommended as possible participants for the *Successful Voices – Successful Choices* panel. He plans to ask two people and one alternate from each division to serve on the panel. The conference program will not identify which division provides services to allow the individual participants to determine whether they want to disclose that information. Robert thinks it is important to have a person in reserve just in case one of the panel members is unable to participate at the last moment. He has tried to ensure that the members of the panel are from diverse areas of the state. The committee approved of the individuals Robert recommended, but suggested he look for a youth representative for the division of ADA. David Helling agreed to help Robert find an appropriate person for that role. Robert will contact the other individuals and invite them to be on the panel.

Robert asked assistance in developing questions to ask the panel members. The committee suggested he ask:

- What is the best advice they could offer to other consumers who want to be successful?
- What DMH services helped them to succeed?
- What services were not find helpful?

- What obstacles did they encounter on their road to success?
- What strategies did they use to overcome them?
- What advice would they give to people who have just received a diagnosis of a developmental disability, mental illness or substance abuse?

Robert will give the panel the list of questions so they have time to reflect upon them and prepare their responses. The group felt the panelists should have an opportunity at the start of the presentation to tell their personal stories. The panelists will need to limit their stories to four or five minutes each. The group decided to revise the schedule for Monday afternoon to allow an hour and fifteen minutes for this presentation. It will still start at 12:30 PM as originally planned, but it now will run until 1:45 PM followed by a fifteen minute break. The first presentations scheduled for the afternoon tracks will begin at 2:00 PM. The final workshops will conclude at 4:45 PM. Attendees will have a forty-five minute break between the last workshop and dinner at 5:30 PM.

### **Sunday Evening Presentation**

Leigh advised the group that the people responsible for presenting the Voices of Depression presentation on Sunday night sent her an e-mail stating that did not think they should have to pay the registration for the conference. They feel that doing their presentation for the conference should suffice as their "donation" to it. If they could not attend free, they asked to pay special reduced rate rather than the full \$65.00. The proposal Helene Meyer submitted did not provide a telephone number, so Leigh was unable to contact her to discuss this matter by telephone. Leigh sent an e-mail to her that explained that all presenters had to register and pay the full \$65.00 regardless of the length of time they plan to attend. Since Ms. Meyers has not responded to the e-mail, she asked the committee's guidance on this situation.

The group discussed the situation, and Marge Parrish called Steve Curran to find out if he knew what the group had decided to do. After speaking with him, Marge learned that he would consider giving the people who participate in presentation scholarships. Marge commented that not all of the performers are consumers. Since Ms. Meyer had not responded as to whether her group was willing to pay the registration fee, the committee felt they could not rely upon them showing up to perform Sunday night. The news that the group was not all consumers also did not sit well with the committee. Judie Didriksen brought a copy of the presentation by the Carters with her for the group to review. The proposal favorably impressed the committee, and they decided to schedule it in place of the Voices of Depression presentation. Leigh will let Ms. Meyer know that the committee decided to drop the Voices of Depression presentation from

the schedule. Marge Parrish will let Steve Curran know there is no need for him to provide scholarships to Ms. Meyer and the other performers.

## **Introductions**

The committee discussed who should introduce the various workshops and other presentations. Committee members willingly volunteered for these duties. Leigh will provide the person responsible for making the introduction with the biographical information the presenters included in their proposals. The list of volunteers and presentations are listed below.

### **Sunday**

- Welcome to the Conference and Logistics – David Helling and Robert Qualls
- Pillows of Unrest – Sharon Britten
- True Colors – Marge Parrish
- Pillows of Unrest – Sharon Britten
- The Iceberg – Judie Didriksen

### **Monday**

- Steps toward Wellness Walking Activity – Monica Hoy
- Opening Remarks – David Helling and Robert Qualls
- DD Panel Self-determination – David Helling
- The Five Stages of Recovery – Manfred Leonhard
- Knowledge is Power for Medication Decisions – Helen Minth
- QPR Gatekeeper Training – Marge Parrish
- Promoting Well-being through Peer Support – Justin Idleburg
- Successful Voices/Successful Choices – Robert Qualls
- The RESPECT Institute – Sharon Britten
- Moving from Like to Love – Jan Wagler
- Recovery through Support – David Helling
- Missouri Youth Leadership Forum – Justin Idleburg
- Letting Go of Labels – Mark Ohrenberg
- My Money, My Budget, My Choice – Austin Montague
- Using the Arts in Recovery – Helen Minth
- Welcome to Bi-polarville – Mark Ohrenberg

## **Tuesday**

- Steps toward Wellness Walking Activity – Monica Hoy
- Opening Remarks – David Helling and Robert Qualls
- Principles of the Twelve Step Approach – Justin Idleburg
- Lifebooks and Scrapbooking – Judie Didriksen
- Writing for Well-being – Jan Wagler
- Open Discussion of the Conference – Marge Parrish
- Conference Summation – Benton Goon

## **Fun Activities**

Mark Ohrenberg suggested the committee include some activities for the group to do during the evening that would be fun rather than serious presentations. One idea was to hold a scavenger hunt. The committee will discuss this possibility more at the next meeting.

## **ADA Scholarships**

Committee members had some confusion regarding who is eligible for the scholarships from the Missouri Recovery Network. Only people who receive services relating to substance abuse issues may apply for and receive the scholarships.

## **Fundraising Efforts**

David Helling donated a griddle he received as a premium for opening an account at a bank as a door prize. He also received 200 pillowcases donated by the Marriot Garden Hotel for use with the Pillows of Unrest project. The University of Missouri Hospital and Clinics will also provide pillowcases in mid July. David may pass them on to Fulton State Hospital to use since the ones received from the hotel will be enough for the activity at the conference. The Columbia Food Bank provided four stuffed bears for us to use as door prizes. David will check with them to see if they will donate more of the toys because they have forty more available.

Jan Wagler will see if Bradburn's or Art-Mart will donate fabric paints or brightly colored Sharpie Markers to use for the Pillows of Unrest project.